



RAPPAHANNOCK AREA AGENCY ON AGING



The Rappahannock Area Agency on Aging, Inc. (RAAA) is a private nonprofit corporation established in July 1976, under the code of Virginia, to administer programs under the Older Americans Act and federal Administration on Aging. The Agency is supported by federal, state and local funding.

RAAA serves the needs and acts on behalf of persons aged sixty and older in the City of Fredericksburg and the surrounding counties of King George, Caroline, Spotsylvania and Stafford.

Our services include:

Emergency Assistance

Once a year you can be provided with assistance of up to \$100.00 to help with a pending utility cut-off, the purchase of necessary prescription medication or other similar emergencies that arise.

Emergency Home Repair

Small repairs to household systems can be made to income qualified homeowners of any age. Need help with a plumbing leak, minor electrical problems or lack of heat? We may be able to help. With the addition of volunteer groups, roofs can be replaced and handicap ramps may be built. Funds for this program are very limited.

Fan Care Program

Fan Care provides free fans to applicants 60 or older meeting income guidelines. Maximum income is 150% of the poverty level. This program runs June through September.

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2013 Point-In-Time Count (PIT) – On January 24th, 2013, members of the Fredericksburg Regional CoC will conduct its annual census of homeless residents located throughout Planning District 16. The PIT is an important tool in collecting good data on the number, characteristics, and service needs of individuals, families, and unaccompanied children experiencing homelessness. The resulting data is a critical component of local homeless planning and program development. Over a 24-hour period, service providers and volunteers will visit soup kitchens and outdoor locations to gather information from people who are homeless and near-homeless in Fredericksburg area. School Homeless Liaisons from the region will also coordinate with the CoC to calculate the number of school-aged homeless persons. If you would like to volunteer your time to assist with the Count, please contact Marne Sherman, Fredericksburg Community Development Planner at mesherman@fredericksburgva.gov or (540) 372-1179.

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COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAMS

July 1, 2012 - June 30, 2013

The City of Fredericksburg uses its Community Development Block Grant (CDBG) funds to provide qualifying individuals and families with necessary housing assistance and public services. According to the U.S. Census Bureau's 2006-2008 American Community Survey, 5,540 households, or 64.72 percent of the households in the City of Fredericksburg met the Department of Housing and Urban Development's (HUD) definition of low or moderate income (LMI) households. This is an increase from the 2000 Census data of over 1,000 low- and moderate-income households. These households have an increasingly more difficult time finding or maintaining affordable housing and other fundamental community services. They have limited funds to meet daily needs and to ensure safe and stable living environments for their families. In addition to the programs below, the City also uses CDBG funding to promote awareness of fair housing and limit new cases of fair housing discrimination.

CDBG programs available through the Department of Planning and Community Development

Direct Homeownership Assistance Program

The City recognizes the relationship between homeownership and neighborhood stability and has identified the expansion of homeownership opportunities as a program activity in its Consolidated Plan. The Direct Homeownership Assistance Program was developed to expand homeownership opportunities available to City residents of low- and moderate- income status, those whose incomes do not exceed 80 percent of the median area income, depending on household size. Homeownership assistance will be provided to qualifying households in the form of either payment of specific closing costs and/or up to 50 percent of down payment costs. Assistance is also available to qualifying households in the form of either the payment of a portion of an existing loan or closing costs to accomplish a refinance of an adjustable/high-rate mortgage to a conventional fixed-rate or equivalent mortgage. All homes must be located within the City limits (22401 zip code). Call 540-372-1179 for more assistance.

Emergency Home Repair Program

As part of its ongoing effort to address housing needs, the City of Fredericksburg seeks to assist property owners with repairs of an emergency nature. The City has recognized the direct link between timely repairs and curtailing further structural damage to a property. To meet the tremendous demand, the City has developed an Emergency Home Repair Program to assist low income persons with the plumbing, electric and roofing repair emergencies. Households must be located within the City limits (22401 zip code) and have income limits that are at or below 50 percent of the median area income, depending on household size. Call 540-372-1179 for more assistance.

Removal of Architectural Barriers Program

The City of Fredericksburg has committed itself to provide assistance to people with disabilities to live and function more independently in their homes and in the community. It seeks to assist qualified residents in making limited modifications to their homes to remove architectural barriers. To meet the tremendous demand, the City has developed a Removal of Architectural Barriers Program to assist low- to moderate-income persons to make repairs or modifications such as ramp or railing installation, bath or kitchen modifications, and widening of doorways. The program may also provide flashing alarm systems for persons with hearing impairments. Households (individuals or families residing in one residence) must be located within the City limits (22401 zip code) and have income limits that are at or below 80 percent of median area income, depending on household size. This program is available to qualifying property owners and renters (with property owner approval). Call 540-372-1179 for more assistance.

COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAMS

July 1, 2012 - June 30, 2013

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Outside Agency Programs Funded Through CDBG

Food for Life Program

Fredericksburg Area Food Bank

Food for Life is a Brown Bag Feeding program for low-income elderly citizens and for those with certified disabilities that are in low-income households. The donated foods are not intended to meet all the nutritional needs of the clients, but rather to offer a supplement to their diets. Participants receive a bag or box of supplemental food each month. Call 540-371-7666 for more assistance.

HIV and AIDS Prevention, Counseling and Supportive Services

Fredericksburg Area HIV/AIDS Support Services (FAHASS)

FAHASS provides intensive individual counseling case management to residents living with HIV and AIDS. FAHASS also provides short-term emergency assistance with utility, rental, and food payments to help those threatened with eviction. The organization also distributes educational materials to groups and area schools to help prevent the spread of HIV and AIDS. Call 540-371-7532 for more assistance.

Legal Services

Rappahannock Legal Services (RLS)

RLS receives funding to provide free legal assistance to low-income City residents and their families who are threatened with eviction, foreclosure and utility-shut offs. RLS also receives funding for the creation and distribution of the [Guide to Virginia Landlord-Tenant Law and Local Rental Housing in Planning District 16](#), which assists clients to locate and obtain decent and affordable housing. Call Potomac Legal Aid (RLS intake office) at 540-374-9101 for more assistance.

Lend-A-Hand and Intense Financial Counseling Programs

Central Virginia Housing Coalition (CVHC)

CVHC operates the Lend-A-Hand and Intense Financial Counseling Programs. Lend-A-Hand provides one time grants to qualifying families threatened with eviction or foreclosure. Intensive Financial Counseling helps low-income City residents to maintain financial independence. Call 540-604-9943 for more assistance.

General information regarding the City of Fredericksburg's Community Development Block Grant programs can be obtained by reviewing the City's website: <http://www.fredericksburgva.gov/Departments/Planning/index.aspx?id=482> or by contacting Marne Sherman, Community Development Planner, 715 Princess Anne Street, Room 209, during regular business hours (8:15 a.m. - 4:30 p.m.; Monday - Friday) at 540-372-1179 or by email mesherman@fredericksburgva.gov.

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Homemaker Services

The Older Americans Act requires that agencies on aging develop service systems for older individuals who are capable of self-care, but need assistance in maintaining maximum independence in their home environments. Homemaker services can be provided on a weekly or biweekly basis to assist those who are frail, have disabilities and/or are at risk of premature institutional placement. Assistance includes light housekeeping, essential shopping and small meal preparation.

Information and Referral

RAAA is the leading area authority on aging issues and should be the first call made when questions arise. Staff is available to answer questions, explain programs and make referrals to other area agencies and businesses that can make aging with dignity a reality.

Insurance Counseling (VICAP)

The Virginia Insurance and Counseling Assistance Program (VICAP) offers confidential help and advice about medical and long-term care insurance. VICAP counseling is a free service provided by RAAA. Voluntary donations are accepted. Depending on your needs, counseling can be provided by telephone or in person. RAAA has trained counselors to help you with; Medicare (including disabled beneficiaries under 65), Medicare supplemental insurance (Medigap), long-term care insurance, Medicaid and finding financial help for Medicare premiums, deductibles and co-payments. VICAP counselors also assist seniors with complex medical bills and patients' rights issues such as grievances and appeals.

Legal Services

Many older persons have legal problems of which they are unaware or unsure about how to proceed. By contract with the Rappahannock Legal Service, Inc., RAAA funds legal assistance for a limited number of elderly clients who do not qualify for legal aid assistance and cannot secure the services of a private attorney. RAAA's goal is to ensure that these older persons will have access to legal redress.

Congregate Meal Centers

Congregate (group) meal centers are established for the purpose of providing persons aged sixty or older and the spouses of such individuals with low-cost, nutritionally-sound, hot noonday meals served in such strategically located group centers as churches, community centers and senior centers. Preference is given, as with all OAA funded programs, to those older persons with the greatest social and economic needs. Group meals aim to promote better health among older persons by improving nutrition. The program also aims to increase socialization and recreation opportunities thereby reducing the isolation of old age.

Older Workers Employment Program

The Senior Community Services Employment Program (SCSEP) funded under the Older Americans Act provides part-time training of approximately twenty-five hours per week for low-income persons, aged fifty-five or older. Older workers receive training at a variety of community service agencies which may provide opportunities for specialized training, skill enhancement and job counseling. This program can provide a foot in the employment door. A participant must continue an active job search while part of SCSEP.

Transportation

Transportation is provided for persons enrolled in the RAAA Congregate Meal Program to provide access to agency meal centers and grocery shopping. Transportation is also available to medical appointments for a \$2.00 round trip fee. For days of service and more information, please click on the Mobility Options Transportation Program brochure. All transportation is wheel chair accessible.

Pathways Compass is a secure, Internet-based Community Information Management System developed by Pathways Community Network, Inc. (a 501c(3) non-profit agency based in Atlanta, Georgia) for sharing client, program and service information among various community agencies. The Fredericksburg Regional Continuum of Care (CoC) homeless shelter agencies; Hope House, Thurman Brisben Center and Micah Ecumenical Ministries, use Pathways Compass as their Homeless Management Information System (HMIS) to fulfill their need to use a HUD-certified HMIS for tracking the use of federal and state homeless grant funds which they receive.

While originally designed to meet HUD homeless data requirements, this system would be useful for any agency that wants to track their clients and services provided. Tracking this information can be useful for developing grant proposals that require demographic detail on the service population, explaining how donations are distributed by service or demonstrating to funding agencies the impact of their funding support. The following are examples of type of data tracked by and the functionality of Pathways Compass:

Client Tracking

- Name
- Social Security Number
- Race
- Ethnicity
- Gender
- Income
- Benefits
- Education
- Veteran Status
- Emergency Contact
- Special Needs
- Client Goals
- Residence Information
- Etc.

Case Management

- Case management notes
- Interagency Collaboration

Services

- Services tracked by date with notes
- Services shown for all agencies in the system (certain needs are protected and not shared)

Funding

- Setup funds and track disbursements

Scanning Services

- Setup community cards for your clients and easily track services by swiping their card

Reporting and Identifying Trends

Tracking Referrals

The CoC's use of the Pathways Compass system is supported by a U.S. Department of Housing and Urban Development funding grant to the GWRC as "HMIS Lead Agency" for the local CoC. Matching funds required by the federal grant are provided primarily by area local governments' funding to GWRC and modest HMIS user fees assessed existing HMIS user agencies.

If you want more information or a presentation for your agency, please contact:

Jenna Evers
HMIS Coordinator
George Washington Regional Commission
evers@gwregion.org
(540) 373-2890

Save The Dates Save The Dates

2013 POINT IN TIME COUNT (PIT)

Thursday, January 24, 2013

www.fredcoc.org

WEBINAR

PRESIDENT OBAMA'S FY 2014 BUDGET BRIEFING

February 5, 2013 2-3:00 p.m.

On February 5, the National Alliance to End Homelessness will host a webinar on the President's fiscal year (FY) 2014 Budget Proposal. The webinar provides an overview of the federal budget process and an analysis of the Administration's proposed funding levels for federal low-income housing and targeted homelessness programs. In addition, the webinar will focus on the upcoming sequestration deadline and provide updates on FY 2013 funding levels.

There is no cost to participate however registration is required.

www.endhomelessness.org/news/calendar

COUNCIL ON HOMELESSNESS EASTERN REGION SUPPORTIVE HOUSING CONFERENCE

March 7, 2013—March 8, 2013

Philadelphia, PA

Loews Hotel

www.csh.org

2013 NATIONAL HEALTH CARE FOR THE HOMELESS CONFERENCE AND POLICY SYMPOSIUM

March 14, 2013—March 16, 2013

Washington, DC

Hyatt Regency on Capital Hill

www.nhchc.org

2013 VIRGINIA ASSOCIATION OF HOUSING COUNSELOR'S SPRING CONFERENCE

April 22, 2013—April 25, 2013

Roanoke, VA

Sheraton Roanoke Hotel & Conference Center

www.virginiahousingcounselors.org

Habitat for Humanity

Ride in our Ride VA 2013 Poker Run:

Ride in our 6th annual Poker Run on 4/27/13 – Rain or Shine. Start/Stop point will be at Quaker Steak & Lube, 1300 Central Park Blvd., Fredericksburg, VA 22401. All bikes welcome. Ride through historic Fredericksburg, Stafford, Spotsylvania and King George. On 4/27/13, registration will start at 9:00 am with last bike in by 1:30 pm for poker hand to be counted and prizes awarded starting at 2:00 pm. Last year over \$5,000 in prizes awarded. Vendor booths present throughout the day. 50/50 raffle for \$5/ticket. Registration fee: \$25 for rider and \$20 for playing passenger; fee includes event T-shirt, Ride patch/bar, meal ticket and "goodie bag."

Opportunities to support the Poker Run:

1. Sponsor: All sponsors will be included on our web site (with a link to your web site) and published in our on-line newsletter

- Platinum: \$1,000 – includes large logo on back of event T-shirt, free booth, two free ride entries and acknowledgement on the event flyer
- Gold: \$300 – includes large logo on back of event T-shirt and free booth
- Silver: \$150 – includes small logo on back of event T-shirt
- Bronze: \$50 – includes name listed on back of event T-shirt

2. Vendor booth: \$25.00 (vendor provides own table and equipment)

3. Prizes: Donate a gift certificate or product that you sell in your business

For more information about the 2013 GFHFH Poker Run, email admin@fredhab.org or call us at 540-891-5009.



Overall Homelessness Rate Decreases 8 Percent Statewide – Chronic Homelessness Rate Drops 36 Percent –

Article courtesy of Virginia Coalition to End Homelessness

RICHMOND - Governor McDonnell announced today the state is making significant headway toward the goal of reducing statewide homelessness. Citing data collected by local Continuum of Care groups across the Commonwealth, compiled by the Virginia Department of Housing and Community Development and the Virginia Coalition to End Homelessness, the governor announced that overall homelessness has declined 8 percent from 2010 to 2012 and for families the reduction has been even more pronounced, an 11 percent reduction. Additionally, there has been a drop of 36 percent in the number of people experiencing chronic homelessness in Virginia.

"Affordable and safe housing is a fundamental component of healthy and prosperous communities," said Governor McDonnell. "And though we still have much more to accomplish toward our goal of reducing homelessness, we should be encouraged that the strategic policies we've implemented, along with our partners, yield real and lasting results. The significant decline in individual, family and chronic homelessness rates represent not just a policy success but also the peace of mind of hundreds of Virginians who no longer wonder where they will sleep tonight. Every Virginian deserves a safe, warm and secure residence to call their own."

Early in his administration, Governor Bob McDonnell issued Executive Order 10 creating a housing policy framework - including policies to more effectively address the issue of homelessness. The resulting Homeless Outcomes Recommendations Report set the goal of reducing overall homelessness by 15 percent by 2013. The successful reduction of homelessness can be largely attributed to the shift in focusing resources to rapid re-housing - moving people into permanent housing more quickly while providing appropriate services through community resources.

The collaborative efforts of many at the state and local level working through private and public agencies and organizations have provided the structure for this successful effort. Senior Economic Advisor Bob Sledd and Dr. Bill Hazel, Secretary of Health and Human Resources, spearheaded the Homeless Outcomes Advisory Committee, which identified five primary goals to reach the targeted reduction in homelessness.

The reductions in homelessness noted earlier have resulted from shifting some state resources from traditional shelter services to rapid re-housing. Additional resources were provided in the FY 2013 budget for rapid re-housing and permanent supportive housing. A partnership with the Virginia Coalition to End Homelessness and the National Alliance to End Homelessness has also helped transform Virginia's approach to address homeless services. Of particular interest for Governor McDonnell has been the status of veterans experiencing homelessness. Between 2011 and 2012 there was a 7 percent reduction in the number of veterans experiencing homelessness which was supported by increased resources to the veteran population including Veterans Affairs Supportive Housing (VASH) vouchers.



EMPT Y BOWL **JANUARY 27, 2013**
ELKS LODGE #875, TIDEWATER TRAIL
5:00 - 7:30 PM
\$50 TICKETS ARE ON SALE
AT THESE CONTRIBUTING LOCATIONS:
LIBERTYTOWN
SOPHIA STREET STUDIOS
EMPOWERHOUSE
TEN THOUSAND VILLAGES
SPONSORSHIPS AVAILABLE: CALL EMPOWERHOUSE
PH: 373-9372 EMPOWERHOUSEVA.ORG
FORMERLY KNOWN AS RCDV

empowerHOUSE
SUPPORTING SURVIVORS OF DOMESTIC VIOLENCE

END DOMESTIC VIOLENCE

e:

FREE Tax Preparation and Assistance Available This Tax Season



LET RAPPAHANNOCK UNITED WAY HELP YOU FILE YOUR TAXES FOR FREE!

If you worked in 2012 and your household income was **less than \$51,000**, you are eligible for free tax services and may be eligible to claim and receive the Earned Income Tax Credit (EITC) of up to \$5,891.

Don't Forget To Bring:

- ✓ Income Forms (W2s, 1099s)
- ✓ Photo ID (for each person filing)
- ✓ Social Security Card (for each person filing and all dependents)

THREE OPTIONS

- **FREE Full-Service Tax Preparation**
Provided by IRS certified volunteers at more than 20 locations throughout the City of Fredericksburg and counties of Caroline, King George, Spotsylvania and Stafford.
- **FREE Tax Filing Assistance**
File your own tax return with the support and guidance of trained volunteer tax coaches.*
- **FREE Tax Filing Online**
File your taxes online through www.myfreetaxes.com/fredericksburg
It's simple, fast and secure. Let the online software do the math and thinking for you.*

Visit www.rappahannockunitedway.org/taxservices.html for tax site locations and schedule or call (540) 373-0041 Ext. 300

* Income eligibility can vary – please call for full details.



LIVE UNITED



Rappahannock United Way